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Trudeau talks transit in visit to Edmonton

Liberal leader says Feds need to connect with cities **PAGE 4**



BLAZING HER TRAIL TO SOCHI

KAILIE HUMPHRIES WINS WORLD CUP TITLE **PAGE 22**

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ROBOTS GETTING LUCKY

Thomas Bangalter of Daft Punk accepts the award for record of the year for Get Lucky at the 56th annual Grammy Awards at Staples Center on Sunday. More coverage on page 14.

MATT SAYLESS/INVISION/THE ASSOCIATED PRESS

Albertans bound for Games on high alert over security risks

'Attractive targets.'
Public safety minister warns travellers



JEREMY NOLAI
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Courtney Lancaster had the time of her life at the 2010 Vancouver Olympics.

The 23-year-old Albertan hoped to relive some of that magic with her best friend at the upcoming Sochi Games due to kick off in two weeks.

But right now she's more nervous than anything.

"It's not going to be like it was in Vancouver," she said Sunday. "We're not sure. We're still thinking we'll go but we're playing it by ear."

Discussion over which world-class athletes will stand atop the podium in Russia appears to have taken a back

seat in recent weeks to fears of terrorist attacks, security perimeter breaches and what the Canadian federal government has deemed as "particularly vulnerable" areas of Russia like airports and border crossings.

Fuelling the fears for travellers like Lancaster is a warning issued over the weekend by Canadian Public Safety Minister Steven Blaney, who said both the Olympics and subsequent Paralympic Games "present attractive targets" for terrorists.

"Canadians travelling to the Sochi 2014 Winter Games should take sensible precautions and maintain a high level of vigilance and be aware of their personal surroundings at all times and at all places," Blaney said in a statement.

Lancaster said she's in contact with a Sochi resident directly involved in organizing the Games who she plans to stay with during her four-day

Olympic stay. She's planning to backpack around Europe anyway, but will stay away from the Sochi area should the situation appear unstable.

Other Albertans say they plan to go regardless, but won't be sightseeing like they would have at other Games locales where the security risk appeared lower.

Kelsey Linsig's husband coaches with the national ski-jumping team and she'd been looking forward to taking in the first women's Olympic competition in the sport for years. She said she only just became aware of the apparent threats in the Sochi area.

"I get a little bit scared about the public transportation ... we don't have a car there so we're forced to take public transportation," said Linsig.

"I think we're just going to go from the hotel (to) Canada House (to) venue and then back to the hotel, that's it."

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Meters. City extends parking pilot project

E-parking meters will stay on downtown streets a little while longer, but the city still plans to remove the machines that have been a big hit with users.

The pilot project using machines from the Calgary Parking Authority, which was supposed to end in early January, is being extended into late March or early April.

Bohdan Maslo, acting director of parking management, said the machines have an 80 per cent customer satisfaction rate according to recent polling they did.

"We are very pleased with that, but what it does is confirms the direction we are taking," he said.

The parking meters are part of a technology exchange pilot program with Calgary, but the city eventually wants to replace all 3,200 parking meters with pay-by-plate technology. Maslo said the city is expecting Calgary to be a bidder on the contract, so it would be unfair to have its machines on the streets during the bidding.

"We don't know if they will, but that would probably be a fair assumption," he said.

He said other potential bidders would also be made fully aware that Calgary's machines were out on city streets for a trial period.

"We want to be open and transparent so the RFP document will identify that we have been using this equipment as part of a technology exchange with Calgary."

Maslo said the city hopes to have machines from the successful bidder for the parking contract on the streets before the end of 2014.

RYAN TUMILTY/METRO



University of Alberta student Karina Murray stands in the alley where she was assaulted this past summer. LEAH GERMAIN/METRO

Assault victim calls for 'power in numbers'

Bystander intervention. U of A student launches campaign to raise awareness around community safety

LEAH GERMAIN
leah.germain@metronews.ca

After being attacked outside of her apartment building last August, University of Alberta student Karina Murray wants Edmontonians to stand up for community safety.

"We have to take the sole responsibility of safety off

of one person," said Murray, who recently launched a campaign to raise awareness for bystander intervention.

"There's power in numbers, and if people are watching out for each other, then crime doesn't stand a chance."

After leaving her restaurant job in the early morning hours this past summer, Murray was punched from behind and strangled as she went to unlock the side door to her apartment building.

While Murray was able to escape, suffering a few scrapes and bruises, she said her experience after the attack was what really shocked her.

Following a police press conference, Murray said she

felt her assault prompted a lot of negative feedback from people in the community.

"Why is it that the sole responsibility of safety is on me?" said Murray.

In response to her own experience, Murray has launched a campaign to encourage people to take an active role in their community by staying aware of their surroundings as well as others around them.

"In and of itself, that will take away and discourage victim-blaming, because you are taking it off the victim and putting it on the community," Murray said.

For more information on the campaign, visit bethatperson.ca.

Details

- Murray is encouraging people to share their experiences as active bystanders on Facebook at facebook.com/bethatperson.
- Following her attack and the subsequent negative feedback, Murray said she was contacted by Edmonton's chief of police, Rod Knecht, to assure her EPS did not blame her for the assault.
- The campaign is currently being focused on the community surrounding Whyte Avenue.

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NEWS

Southeast Alberta. Animal cruelty suspected after dog found dead near Taber

Taber RCMP have identified a "person of interest" in an alleged case of animal cruelty in southeast Alberta.

Police were called Jan. 24 after the body of a dog was found tied to a fence post on a property south of Taber.

Reports indicated the dog had suffered wounds to the head and body.

The dog was taken to the local veterinary clinic where a necropsy was performed, police said.

RCMP were able to confirm that the dog was beaten with a blunt object and then shot.

The investigation is on-

'Person of interest'

RCMP is asking anyone with information to contact the Taber Vauxhall RCMP detachment at 403-223-4447. Witnesses who wish to remain anonymous can report information to Crime Stoppers at 1-800-222-8477

going and RCMP are canvassing the area for any more details.

Taber is 250 kilometres southeast of Calgary.

METRO

Luqman Jama Osman

New Year's shooting suspect turns himself in to police

A 24-year-old Edmonton man who was wanted in connection to a New Year's shooting incident turned himself in to police Saturday.

Luqman Jama Osman was wanted for a number of firearms-related offences including a non-injury shooting that took place on Jan. 1 near 105 Avenue and 115 Street.

METRO

Weigh in

Province to host roundtable on child intervention

The Albertan government is inviting residents to weigh in on a child intervention roundtable this week.

There will be a webcast held on Jan. 28 and 29 for Albertans to ask questions or chat with an expert about child welfare.

People interested can register for the event online at the province's website.

METRO



Justin Trudeau was in Edmonton last week to speak to party supporters. The Liberal Leader argues it is time the federal government invested in long-term funding for transit. STEPHANIE DUBOIS/METRO

Trudeau wants feds at table with cities

Transit plan. Leader says Tories not at the table



RYAN
TUMILTY

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The first step toward creating a more urban agenda in Canada is having the federal government at the table, according to Liberal Leader Justin Trudeau.

In an interview with Metro, Trudeau said politicians are currently spending too much time worrying about jurisdictional issues and are losing sight of the bigger picture.

"Ultimately when different levels of government focus on the different levels and the jurisdictions that they have, they tend to forget that the fact is we all serve the same citizens," he said.

He said other levels of gov-

ernment also have to wake up to the fact that, especially as Canada becomes a more urban place, municipalities are doing the heavy lifting.

"The vast majority of services to citizens are delivered by municipalities, but only a minute fraction of the ability to raise money and spend the public purse is available to municipalities," he said.

On transit, Trudeau said his party would deliver the type

of long-term investment cities have been calling for. He said a national strategy would have to recognize communities have different goals, but provide federal funding to accomplish them.

"I think there is a great opportunity to be flexible, but as a present partner with strong, stable funding that understands that investment in transit is an investment and not just an expense."

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The Power to Surprise

'We will try to find the strength to get through this'



A woman holding a picture of her husband, who died in last week's seniors' residence fire, arrives for a commemorative service for the victims on Sunday in L'Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

L'Isle-Verte. Owner of fire-ravaged seniors' home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors' residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L'Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

"What you're living inside, we are living it inside as well," he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. "We will try to find the strength to get through this."

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it "a first step toward healing."

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thurs-

day's blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L'Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze "unacceptable" and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget, expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused

on the economy, with next month's budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper's former chief of staff and four senators will keep the government firmly mired in the scandal, as it was for most of last year. THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with

other federal departments.

The program, in which Ottawa and Washington will start sharing their citizens' travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

TORSTAR NEWS SERVICE

Life's a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS

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Teen flies plane after pilot loses consciousness

Australia. Pilot was unconscious for 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when pilot Derek Neville, 61, lost consciousness.

Jenkins said he had taken

the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around 45 minutes before the pilot came to.

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of," Jenkins said. "I was pretty scared."

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land.

"He sort of poked me in the right direction and we both brought it down," Jen-

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19
The teen took the controls of a light plane after the pilot lost consciousness.

kins said. They landed safely.

After the landing, Neville was flown to Orange Base Hospital, where he remained on Sunday. His wife Merle Neville said he had undergone heart and brain scans, but doctors had yet to diagnose the problem.

THE ASSOCIATED PRESS



Never-before-seen Nazi papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper will publish the material in an eight-part series (search "Insight into the orderly world of a mass murderer" on www.welt.de). **DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS**

Sweden

Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the West.

Bildt wrote on his blog

Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif.

The improved relations follow Iran's agreement in November to cap its uranium enrichment in return for the West easing sanctions. Bildt said it remains to be seen whether the changes in Iran's foreign policy will last. **THE ASSOCIATED PRESS**

Valerie Trierweiler

Ex-first lady lands in India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life with a charity visit to India.

The ex-first lady arrived in Mumbai on Sunday night. **THE ASSOCIATED PRESS**

Syria peace talks broker deal for Homs

The city of Homs.

Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for

women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their

pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called

into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970. **THE ASSOCIATED PRESS**



Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition in Geneva on Sunday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

"It's a sad day for democracy



A resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.

WASON WANICHAKORN/THE ASSOCIATED PRESS

when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were rescued, said top Administrator P. Jawa-har. Rescuers were looking for another 11 people believed to be missing, she said. The boat sank off the eastern Andaman and Nicobar Islands, and police official Shahji said the tourists were all Indians. Initial reports said the ferry developed a crack in the hull and sank, according to Shahji, who uses one name. **THE ASSOCIATED PRESS**

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people.

A UN statement says the explosions injured 50 people and destroyed many houses. It says "official sources" determined that a lightning bolt on Friday hit the munitions depot of an army barracks outside Mbuji-Mayi and exploding shells hit homes some six kilometres away.

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India's village councils stuck in past

Judge and jury.

Deeply conservative 'khan panchayats' dictate everything from women's dress to due punishments

In the hours after her six-year-old daughter was kidnapped eight years ago by her ex-boyfriend who had refused to marry her or care for their child, Rimaila Awungshi appealed for help from the most powerful authority she knew — the council of elders in her rural Indian village.

But the village elders remained indifferent to the single mother's pleas, thereby supporting the child's custody with her father.

Across much of rural India, these powerful and deeply conservative local councils are the law of the land. They serve as judge and jury, dictating everything from custody cases to how women should dress



Santhal tribal women gather Friday in a village where a woman was gang raped Monday, allegedly on the direction of a village council at Subalpur, about 180 kilometres north of Kolkata. The woman told police the attack was punishment for falling in love with a man from a different community and religion. THE ASSOCIATED PRESS

to whether young lovers deserve to live or die.

They often enforce strict social norms about marriage and gender roles.

These unelected and unregulated courts now are coming under fresh scrutiny after police say a council of elders in West Bengal ordered the gang rape of a 20-year-old woman as punishment for falling in love with the wrong man.

"We are going back to the 16th century," Pradip

tiny after police say a council of elders in West Bengal ordered the gang rape of a 20-year-old woman as punishment for falling in love with the wrong man.

"We are going back to the 16th century," Pradip

Bhattacharya, a politician in West Bengal, said this week as news of the gang rape began to spread in a country already reeling from a string of high-profile cases of sexual violence against women.

Village councils are com-

mon in India with vast rural communities, serving as the only practical means of delivering justice in areas where local governments are either too far away or too ineffective to mediate disputes. Often, the elders try to halt the march of the modern world, enforcing strict social norms about marriage and gender roles.

In some of the most extreme cases, the councils have sanctioned so-called honour killings, usually against women suspected of out-of-wedlock sex. Known as khap panchayats in northern India, the councils act with impunity because villagers risk being ostracized if they flout the rulings.

The courts can be especially harsh toward women, enforcing the most conservative aspects of a patriarchal system that is deeply entrenched in Indian society.

In many ways, the councils show how centuries of patriarchal traditions often clash with the values of a modern world in India.

THE ASSOCIATED PRESS

Probe ordered

India's top court takes up gang-rape case

India's Supreme Court has lashed out at the khaps, saying they amount to vigilante justice, are "wholly illegal" and should be stamped out.

On Friday, the Supreme Court took up the case of the gang rape of the 20-year-old West Bengal woman, ordering an investigation on a "suo moto" basis — meaning the court acted on its own, without a request from either side.

The West Bengal case has revived long-standing criticisms of the khaps, with critics saying they are nothing more than kangaroo courts delivering medieval rulings.



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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)





People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)



NSA engages in industrial spying: Snowden

Interview on German TV. Intelligence leaker alludes to more revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial espionage.

Military info

Whistleblower freed in Israel

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter. **THE ASSOCIATED PRESS**

Seasick

Outbreak aboard cruise ship

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 10 per cent of passengers with gastrointestinal symptoms including vomiting and diarrhea.

Officials said that 281 passengers aboard Royal Caribbean International's ship have reported getting sick. **THE ASSOCIATED PRESS**

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it.

It wasn't clear what exactly Snowden accused

the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also told ARD television that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the release of the

files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on Buzzfeed in which U.S. government representatives had told a reporter that they wanted to kill him.

THE ASSOCIATED PRESS



Former NSA contractor Edward Snowden **THE GUARDIAN FILE/THE ASSOCIATED PRESS**

End-of-life debate. Brain-dead, pregnant woman is taken off life support



Erick Munoz stands with an undated photograph of himself with wife Marilise and their son, Mateo. **RON T. ENNIS/THE FORT WORTH STAR-TELEGRAM/THE ASSOCIATED PRESS FILE**

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marilisa Munoz says she was disconnected from life support at about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious on Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marilise Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

The case has raised questions about end-of-life care and whether a pregnant woman who is considered legally and medically dead should be kept on life support for the sake of a fetus. **THE ASSOCIATED PRESS**

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HOW
TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly, any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what

we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit-card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S. swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

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- Professional, personable, approachable with great communication skills (both verbal and written)
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- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
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- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their résumé and cover letter via email to hr@metronews.ca no later than Jan. 31, 2014.

PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line.
All submissions will be treated as confidential.



Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the pipeline onto their property. The landowners say they've received written offers from TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed \$8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to \$61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a \$27,000 signing bonus that shrinks the longer they wait — after 30 days it falls to \$18,000, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

Getting Alberta's oil to U.S. carries risk: Study

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and truck.

The findings are in a 153-page report from last September by the emergency-response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments. Enbridge, the company be-

Rare occurrence

The study does point out that only a handful of spills have occurred in the U.S. and Canada.

hind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the several ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water. Those included rail, the proposed Kinder Morgan Trans Mountain pipeline to Vancouver, the Keystone XL line to Texas from Alberta, and Northern Gateway.

"Most oilsands products are transported to market via existing and proposed pipelines; however, a sharp increase in the use of rail and marine transport can be expected while new pipelines are constructed to match the increased production of oilsands products," the report says.

Not if, but when

"In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

Prof. Robert Pavia of the University of Washington

It was written by six experts at the University of Washington and supervised by Prof. Robert Pavia of the university's School of Marine and Environmental Affairs.

"While there are many arguments about the level of risk, no one believes the risk is zero," Pavia told The Canadian Press, adding that he was speaking personally.

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TURN HIRING INTO A DRAFT

Every city in Canada likely deals with similar issues and challenges.

Among other things, every city wants the best transit system, the best financial system and the best waste-removal system. To do that, they must hire very talented people. Unfortunately, the talent pool in these areas might not be so deep. So what can cities do?

Cities could look at how professional sports teams deal with the same challenge of finding and keeping the best and the brightest. They scout, they draft and they trade. Cities could do the same thing.

We could set up a league of major and minor league cities. Major league cities would be those in the million-plus category. The mayor could be the general manager of the team. Councillors could play various coaching roles.

So how would that work?



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

If the head of the transportation department wasn't performing well, the coaching staff could look around to see if they could trade him by bundling him with a top-notch waste-management guy or gal. A city that needed a good waste-management person just might be willing to do a trade.

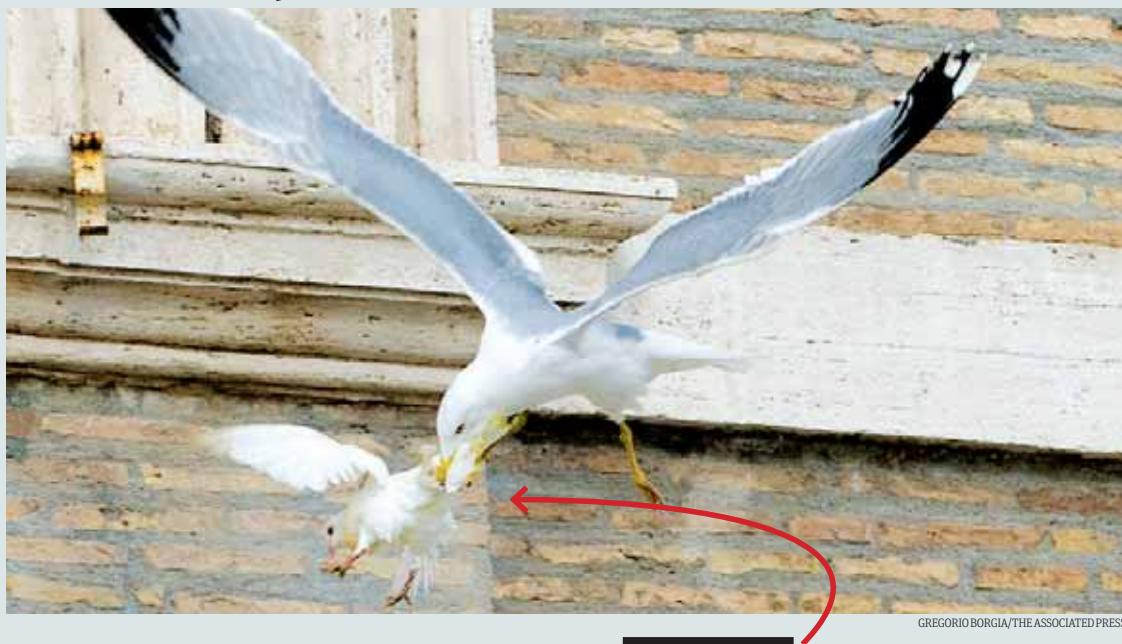
I think you can see why I like the idea of a civic league. City administrators wouldn't be able to sit back and do a mediocre job. The threat of being traded would keep them all on their toes. Really bad performers could be sent down to the minors working in places like Biggar, Sask., or Moosonee, Ont., until their output improved.

To keep one city from poaching all the best administrators, we could have salary caps the way sports organizations have.

The best performing city could win the Civic Cup or

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove which was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a

seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor.

One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS



Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Sporting competition at city halls across Canada

We could set on-time goals for transit, timely road repair, snow-clearing goals and holding the line on tax rates.

some other type of trophy. Of course, measurable goals would have to be set for each city each year. We could set on-time goals for transit, timely road repair, snow-clearing goals and holding the line on tax rates.

We could then follow the progress of each city the same way we do with our favourite sports team.

We would have to spend a lot of time figuring out positions and rules, but I think that's doable.

The advantage to this kind of system is that we would be able to get rid of a poorly performing general manager or coach and not have to wait four years for the pleasure of doing so.

Clickbait



LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.



GETTY IMAGES

ture to send you to your home screen.

Bloat:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a ges-

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.



Twitter

nel the ghost of Leslie Nielsen.

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to chan-

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca

Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis, Daft Punk clean up. Drake is apparently the best they never had as he is shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in five awards at the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind *Thrift Shop* and *Can't Hold Us* trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

But the pair were edged out by the critically beloved French dance duo Daft Punk, who won five Grammys including best dance/electronica album and album of the year for their influential *Random Access Memories*. best pop/duo/group performance for their



Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

summer-stealing Pharrell Williams collaboration *Blurred Lines*, and record of the year for *Get Lucky*.

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single *Drunk in Love*. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's



Music's favourite robot duo Daft Punk accept the best pop duo/group performance award for *Get Lucky*. They won five awards in total.

most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake

Online
For more coverage and a complete list of winners, visit metronews.ca

hookup *Holy Grail*. After thanking songwriter The-Dream and Timberlake and "all the typical things," he addressed Beyoncé in the audience.

"I want to thank God — a little bit for this award, but mostly for that and all the universe for conspiring (and) putting that beautiful light of a young lady in my life," he said before hoisting the Grammy up. "I want to tell (daughter) Blue that, look, daddy got a gold sippy cup for you."

New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her *Skyfall* theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for *Queenie Eye*, with the former seated at a brightly coloured piano at centre stage while Starr gamely slammed away on the drums behind him. The cameras captured Yoko Ono swaying to the music in the crowd.

THE CANADIAN PRESS



Taylor Swift, looking sensational in silver.

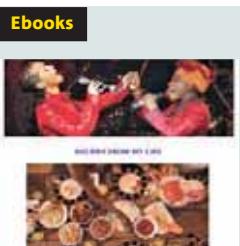
Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.



Madonna and her son David, in a throwback to her *Open Your Heart* video, with a bit of a nod to the late, great MJ.



Katy Perry hits the right note in this dress by Valentino.



Spirit Rising

By. Angélique Kidjo & Rachel Wenick

Kindle/iBooks/Kobo



Recipes and mp3s add a friendly interactive touch to this charming autobiographical tale of a restless girl in West Africa whose childhood of python festivals and Aretha Franklin records helped nurture her rise into a jazz superstar and advocacy icon. Kidjo is such a playful storyteller; it's a shame the ebook has so few clips of her expressing her personality.

And that's a wrap, Sundance

Festival highlights.

This year's edition of the Park City fest was overflowing with exciting indie fare

Most viewers see desperation when Steve Buscemi buries a briefcase full of cash in a snowdrift in Fargo, the 1996 Coen Brothers' fictional crime satire.

Not 29-year-old Kumiko (Rinko Kikuchi), the sad dreamer of Kumiko, The Treasure Hunter. She sees opportunity, a chance to reboot her dull life as a Tokyo office tea server by finding the fortune she's certain lies waiting for her in America. She repeatedly watches a faded VHS copy of Fargo, searching for clues and planning an expedition. She calls herself a modern version of the Spanish Conquistadors, who sought gold in the New World.

Kumiko's unique vision makes for humour and pathos in David Zellner's film, one of the standouts at the 2014 edi-

tion of the Sundance Film Festival in Park City, Utah, which ended Sunday.

Film festivals pride themselves on presenting unusual viewpoints. But Sundance 2014 was particularly adept at this, premiering exciting works by indie filmmakers that subverted expectations and genre formulae.

This began right from Day 1, Jan. 16, with Damien Chazelle's Whiplash, the story of a promising 19-year-old drummer (Miles Teller), whose aspirations to be the next Buddy Rich are put to the test by a despotic music teacher (J.K. Simmons). What could have been just another coming-of-age saga becomes something altogether superior as both main characters confront the elusive concept of what it means to achieve something beyond the ordinary.

An abundance of quirk is another feature of fests like Sundance and at first blush it looked like Lenny Abrahamson's Frank would be Exhibit A for the prosecution. It stars Michael Fassbender as the gifted yet weirdly demanding



Boyhood was 12 years in the making. CONTRIBUTED

leader of an avant-garde rock band, who insists on wearing a giant plastic head at all times. Domhnall Gleeson plays a songwriting wannabe who joins the band.

And last Sunday night at the Eccles Theatre, the largest Sundance venue, was the world premiere of Richard Linklater's Boyhood. Twelve years in the making and running the better part of three hours, the film follows the boy-to-adult transitions of a Texas lad named Mason, played by

Ellar Coltrane, who was just 6 years old when filming began in 2002. Boyhood follows the highs, lows and in-betweens of Mason's life with his family and estranged parents, played by Ethan Hawke and Patricia Arquette. The main characters all had to commit to filming for several days during each of the 12 years Linklater was making the film. It's remarkable enough to see Coltrane age before our astonished peepers, but Linklater makes it even more of a trip by eschewing

Canadians rule at Slamdance

Down the road at the rival Slamdance Film Festival, Canadian filmmakers were making a big impression this year, especially when it came time to hand out prizes. There were four Canuck winners, two features and two shorts: Mark Raso's road-trip dramedy Copenhagen took the Audience Award for Narrative Feature; Matthew Bauckman's and Jared Beliveau's superhero wannabe doc Elliot took the Jury Award for Documentary Feature; Ian Lagarde's cusp-of-adolescence short Daybreak won the Jury Award for Narrative Short; and Simon Mercer's rural mind trip Glass Eyes of Locust Bayou took the Jury Award for Documentary Short.

standard date indicators. We're swept up in the organic flow of life, in a film that ranks as the highlight of Sundance 2014.

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Dempsey revved for racing, Grey's Anatomy

Two loves, one guy.

Actor eyes up auto events and signs on for a few more years as doc McDreamy

Patrick Dempsey's acting and racing careers will be intermingled for the foreseeable future.

Dempsey, a driver/owner racing in the Rolex 24 at Daytona endurance event this weekend, confirmed that he has signed a two-year contract extension to continue with Grey's Anatomy.

Dempsey also plans to run a full season in the United Sports-Car Championship, racing in the fourth-tier GTD class.

Dempsey said the acting gig has been a huge help to his other full-time job. Dempsey and co-driver Andrew Davis are racing 13 events, which would be the actor's first full season.

"Grey's does a remarkable job scheduling around these



Patrick Dempsey GETTY IMAGES

races now, and I wouldn't be able to do it without them," Dempsey said. "The fact that they continue to let me race is remarkable in itself, so I am grateful for that and grateful to have employment that is known around the world. It gives me a platform to come and do this type of thing, and it

helps the sponsors."

When the 48-year-old Dempsey was asked whether he's had any thoughts about giving up acting for racing, he said, "When I grow up, I want to race full time."

Dempsey has raced professionally for nearly a decade.

THE ASSOCIATED PRESS

Film. Gravity picks up top prize at directors fete, now poised for Oscar

Alfonso Cuarón was awarded the top film honour from the Directors Guild of America for Gravity on Saturday night, giving the lost-in-space saga an edge on the journey to the Academy Awards.

In the 65-year history of the DGA awards, the winner has failed to also take home the best director Oscar just seven times. Ben Affleck, who presented Cuarón with his guild award, won the same accolade last year for Argo but was denied a best director nomination at the Oscars.

But Cuarón's film now has the upper hand for the best-picture and director Academy Awards, and with 10 Oscar nominations, is likely to gain the most statuettes on Hollywood's biggest night March 2. American Hustle also has 10 nominations, but in tougher, more competitive races than Gravity's mainly craft nods.

Meanwhile, the early dominant momentum of 12 Years a Slave has weakened following Saturday night's Gravity win and the results of the Golden Globes on Jan. 12 and

last weekend's Screen Actors Guild and Producers Guild awards, at which American Hustle and Gravity had the stronger showings.

In the 65-year history of the DGA awards, the winner has failed to also take home the best director Oscar just seven times. Ben Affleck, who presented Cuarón with his guild award, won the same accolade last year for Argo but was denied a best director nomination at the Oscars. However, like many DGA winners, Argo went on to win the best-picture prize at the Oscars.

While accepting his trophy, Cuarón recalled looking at satellite images of earth from space. "What you cannot see from up there is this bizarre experiment of nature that is the human experience," said Cuarón, a first-time DGA winner. "That experiment is what directors try to sort out with our films."

THE ASSOCIATED PRESS

Box office

I, Frankenstein has wretched showing

Universal's buddy cop comedy Ride Along cruised to the top of the box office again, taking in \$21.2 million in its second weekend, according to studio estimates Sunday. The film set a January debut record, with \$48.6 million over the three-day holiday weekend. For the second weekend in a row, Universal claimed no. 1 and no. 2 at the box office, with the Afghanistan war film Lone Survivor earning \$12.6 million in its fifth week. With a cumulative total of \$93.6 million, the relatively inexpensive Lone Survivor, starring Mark Wahlberg, will soon cross the \$100 million mark.

But I, Frankenstein had a sizable budget estimated at \$65 million, yet opened with just \$8.3 million. Starring a beefed-up Aaron Eckhart, the 3-D film wasn't screened for critics and came into the weekend with little buzz.

THE ASSOCIATED PRESS

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Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Vozouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Vozouk, who began working for Bieber in 2012 and was recently let go, says she wit-

nessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."

Dress your kid Kardashian!



The Kardashian sisters

Because the Kardashian enterprise just isn't big enough, Kim, Kourtney and Khloe Kardashian are launching a kids line. Khloe gave fans a sneak peek on Instagram, posting a few photos from the Kardashian Kids photo

shoot. Expect a mix of sweet feminine prints and bold leopard looks for the girls and preppy-cool picks for the boys. So far, the sisters have kept it under wraps whether Mason, Penelope and North West will appear in the ads.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Thanks for the mental images Jen and Ben!



STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

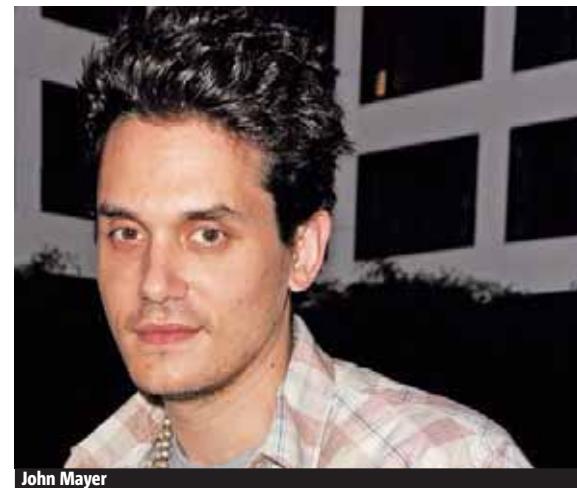
Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some \$75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them

start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Cate Blanchett blames Golden Globes speech on the booze



Cate Blanchett

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a

lot. I hope I didn't do too many things I'll regret."

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Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

- Smirking and eye-rolling are Pediatric Association-approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
- Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
- Get at least eight hours of

screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.

• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more

attractive to the opposite sex. ... who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS*, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOK STORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,'" McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-



Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays

or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the

back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two who hides her love of chocolate from her kids by eating it in her bedroom

Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said.

THE ASSOCIATED PRESS

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the old-

est students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six)."

Another surprising finding was how differently boys and

girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the



Boys and girls view the Internet very differently, according to one survey. ISTOCK

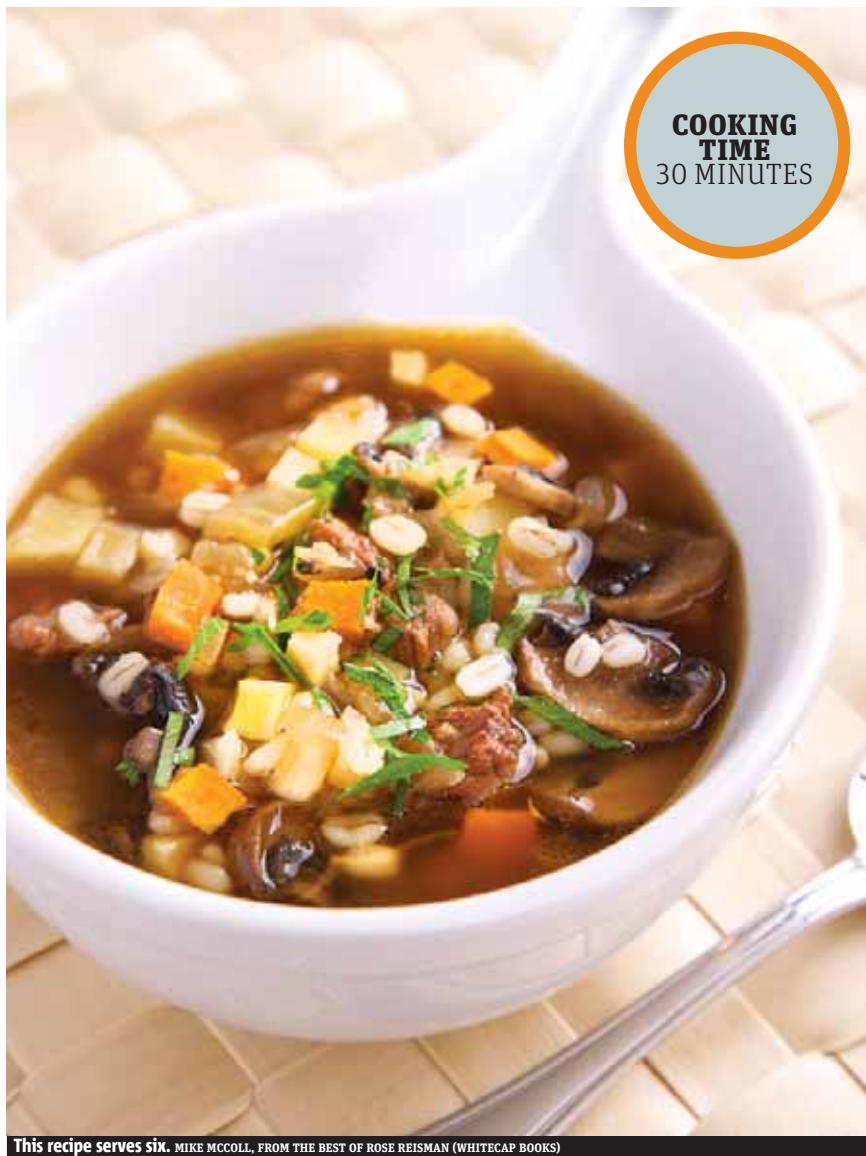
Internet safe.

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely

and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

From the roots up: Give Beef Barley Soup earthy flavour with root veggies



COOKING
TIME
30 MINUTES

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Lunch. Chicken Tortilla Soup

1. In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

2. Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

3. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

4. Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and garnish with coriander and corn chips. THE CANADIAN PRESS/FOODLAND

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips



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Nutritional information

Per serving

- Calories. 243
- Carbohydrates. 27 g
- Fibre. 4.7 g
- Protein. 11.9 g

• Total fat. 9.1 g

• Saturated fat. 3.8 g

• Cholesterol. 26 mg

• Sodium. 440 mg

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is also great as hearty side dishes or vegetarian mains.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes. But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice.

This type of vegetable

flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice.

This type of vegetable

ions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley

An advertisement for Robertson College. It features a photo of three young adults (two men and one woman) smiling. The woman is in the foreground, and the men are slightly behind her. A red banner in the top right corner contains the text "ROBERTSON COLLEGE". Below the banner, the text reads "Become a Legal Administrative Assistant. Includes Guaranteed Work Practicum." At the bottom right, it says "classes start February!"

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Be real when tackling your study distractions

Killing habits entirely is ambitious.

Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI
SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of *Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently*.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.

- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. iSTOCK

session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new

thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging

into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living with

in those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

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The best companies in the world to work for

And the traits they share. Top employers focus on what workers are passionate about, and offer special rewards

EMILY
LAURENCE
Metro World News

Fortune magazine released their list of the 100 best companies to work for last week, and while the companies probably won't surprise you (Google, Goldman Sachs and Accenture all made the list), there are some commonalities that surface when looking at all the company profiles.

To compile the list, the magazine's editors partnered with the Great Place to Work Institute to distribute surveys to employees at as many corporations as they could; 257 separate firms helped distribute



Top employers encourage workers' hobbies, such as yoga. ISTOCK

ute them. The questions pertained to employees' job satisfaction, company credibility and managerial approval.

One commonality the top companies have is offering creative perks. Employees love bragging about things their company offers

that their friends' companies probably don't, such as encouraging volunteer work through company organized trips (Google), an on-site health centre (SAS) or special rewards for employees who put forth extra effort. (Top sellers at Salesforce.com re-

ceived a two-week trip to Bhutan.) If you think your company can't afford to offer cool perks, you're wrong; it just takes a little creativity. Public recognition at annual company meetings praising people who go above and beyond; company parties during big TV events like games or award shows; or surprising an employee once a month with a free car wash are just a few low-cost ways to boost morale.

Something else the 100 best companies to work for have in common is that they provide ways for employees to do what they're really passionate about. Whether it's through on-site yoga classes or carving out time for volunteering or company sports teams, taking employees' interests into account goes a long way. Thirdly, employees really value companies where they see people moving up the ladder internally as a reward for their hard work.

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Oilers goalie Ben Scrivens stops a shot by the Predators' Nick Spaling on Sunday at Rexall Place. JASON FRANSON/THE CANADIAN PRESS

Predators prove easy prey for Oilers

NHL. Scrivens stops 34 shots as 5 skaters record multi-point games to end losing streak

It took a full-team effort from the Edmonton Oilers on Sunday to halt a six-game losing streak.

Five players had a multi-point performance and goaltender Ben Scrivens made 34 saves as Edmonton avoided a seventh straight loss by de-

On Sunday

5	1
Oilers	Predators

feating the visiting Nashville Predators 5-1.

"It was a good team win, all four lines and all six defence were rolling pretty good," said Edmonton defenceman Justin

Schultz. "We got contributions from everyone tonight. Whether they were on the scoresheet or not, everyone played well. It was nice to get a win."

Ryan Smyth, Jordan Eberle, Ryan Nugent-Hopkins and Schultz had a goal and an assist apiece for the Oilers (16-32-7), who captured just their fifth win in the last 22 games, while Taylor Hall chipped in with two assists. Nail Yakupov added a single goal.

"It was nice to get out to an early lead and I thought we carried momentum shift after

shift in the first period," Smyth said. "We desperately needed a win, to build some confidence. Now we have confidence that we can win. We can come from behind if we need to, but it was nice to play with the lead."

The Oilers have had five losing streaks reach five games or more this season, with six being their longest.

David Legwand responded for the Predators (23-23-8).

The Oilers return to action on Monday night in Vancouver against the Canucks.

THE CANADIAN PRESS

Tennis. Wawrinka puts wrinkle in Rafa's title hopes

Stan Wawrinka added a win over Rafael Nadal to his list of firsts in a stunning run to his maiden Grand Slam title, extending his rival's injury-cursed run at the Australian Open with a 6-3, 6-2, 3-6, 6-3 upset in Sunday's final.

The 28-year-old Wawrinka had never taken a set off Nadal in 12 previous meetings.

Nadal appeared to be on the verge of retiring in the second set, when he hurt his back and needed a medical time out, but he refused to quit.

Grand Slam graciousness



"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

It remains the only major he's hasn't won at least two times. THE ASSOCIATED PRESS

NBA. Bosh goes bananas from field in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

Mario Chalmers scored 16 points for Miami, which used Dwyane Wade as a reserve for the first time since Jan. 6, 2008. Wade, who sat out the last four games with knee troubles, finished with eight points and five assists in 24 minutes.

THE ASSOCIATED PRESS



Heat forward Chris Bosh boxes out the Spurs' Tim Duncan on Sunday in Miami. GETTY IMAGES

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Slopestyle

McMorris to nip broken rib in bud

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

He was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

THE CANADIAN PRESS

Bobsled

Humphries takes World Cup title

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

Taurus

April 21 - May 21

You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

Gemini

May 22 - June 21

Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

Cancer

June 22 - July 23

Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

Leo

July 24 - Aug. 23

If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

Virgo

Aug. 24 - Sept. 23

Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

Libra

Sept. 24 - Oct. 23

You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

Scorpio

Oct. 24 - Nov. 22

Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

Sagittarius

Nov. 23 - Dec. 21

Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

Capricorn

Dec. 22 - Jan. 20

Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

Aquarius

Jan. 21 - Feb. 19

The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

Pisces

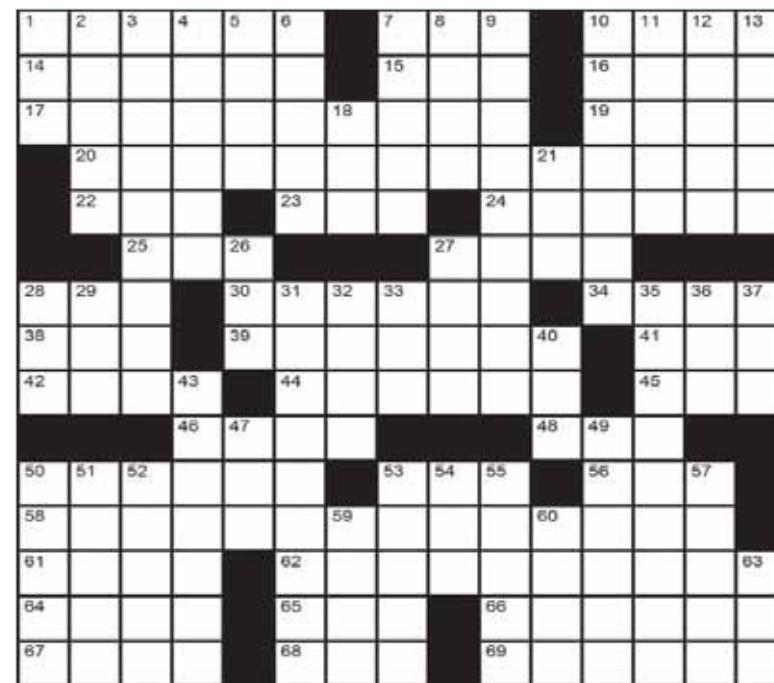
Feb. 20 - March 20

A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: " — name"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont —
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik —
34. Skim



38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out

here in the fields..." song: 2 wds.

64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's

surnamesakes

- Down
1. Hugh Jackman's wife, to Hugh
2. "What — fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job

5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could —?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

	7	4	6	5
3				8
9		2	1	
	8		1	
5	8	1	6	9
4		3		2
	4	7		8
1				2
2	7	9	3	

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -14°
MIN: -20°



MAX: 0°
MIN: -18°



MAX: -6°
MIN: -13°



MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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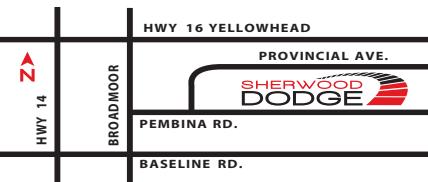
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